

# Oven Crispy Chicken

**Makes:** 8 Servings

A tasty dinner favorite that everyone will love. The chicken is breaded with crushed corn and rice biscuits cereal in place of bread crumbs.

## Ingredients

- nonstick cooking spray
- 1** cut-up whole chicken (skin removed, about 3 pounds)
- 1/4 cup** low-fat milk
- 1/2 cup** flour
- 1 teaspoon** paprika
- 1/2 teaspoon** black pepper
- 1 cup** corn and rice biscuits cereal (crushed)
- 2 tablespoons** vegetable oil

## Directions

1. Preheat oven to 400 degrees F. Coat a baking sheet with nonstick cooking spray.
2. Place milk in a bowl. Add chicken pieces and turn them until they are coated in milk.
3. Combine flour, paprika, salt, and black pepper in a dish. Place cereal in a separate dish.

## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>380</b>    |
| <b>Total Fat</b>          | <b>16 g</b>   |
| Saturated Fat             | 4 g           |
| Cholesterol               | 155 mg        |
| <b>Sodium</b>             | <b>230 mg</b> |
| <b>Total Carbohydrate</b> | <b>6 g</b>    |
| Dietary Fiber             | 0 g           |
| Total Sugars              | N/A           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>50 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | 34 mg         |
| Iron                      | 2 mg          |
| Potassium                 | N/A           |

N/A - data is not available

4. Dip chicken pieces in flour mixture until they are coated. Dip back into the milk, then roll chicken in cereal until coated. Place chicken on a baking sheet. Drizzle with oil.

5. Bake for 10 to 15 minutes. Turn chicken pieces over, and bake another 15 minutes or until chicken is cooked through and crust is crispy.

**Source:** Recipe adapted USDA Recipes and Tips for Healthy, Thrifty Meals.